

Gazette

GUANTANAMO BAY

Vol. 60 No. 03

Friday, January 17, 2003

What's Inside

Events To Honor Martin Luther King, Jr.



The 2003 Dr. Martin Luther King, Jr. holiday observance is Monday, Jan. 20 and marks the 74th birthday of Dr. King and the 17th anniversary of this national holiday. A Candlelight March and program are scheduled. See page 2 for more information.

Turn Your Bad Day Around



Even when it seems bad vibes are there before you throw the covers back and your feet hit the floor, there are some things you can do to salvage what might be left of your day. See page 7.

GTMO Celebrates 100 Years As The Base On The Bay



100 years under the base lease and 100 years plus of friendship between Cuban workers and American military members stationed here is about to be celebrated at the 2003 Cuban American Friendship Day celebration January 20th at Phillips Park. Early Wednesday morning, Capt. Robert Buehn and Capt. Al Shimkus met the Cuban commuter workers near the Northeast Gate to present them with their complimentary tickets and were surprised by a reciprocal presentation. This year Silver Butler presented two tickets to Capt. Buehn and Ronnie Marsh presented two tickets to Capt. Shimkus. Also attending the presentation were Mrs. Shimkus and Mig Hettler of the Cuban American Friendship Day Committee.

Force Protection

Monitor children's use of the Internet. Make sure you know what sites they visit and who they communicate with. Ensure they don't share information about operations at GTMO with anyone.

Water Conservation

JAN. 6 - 12

**Used 7,235,051.0
Daily avg. 1,033,578.7
Daily goal 1,000,000 gal**

**We spent \$44,365.97
over our budget for
the week.**

U.S. Naval Base Guantanamo Bay

Gazette

Commander, Naval Base
CAPT Robert A. Buehn

Chief Staff Officer
CAPT Michael Fair

Command Master Chief
CMDMC(AW/SW) Ellen M. Mustain

Public Affairs Officer
JOC Richard Evans

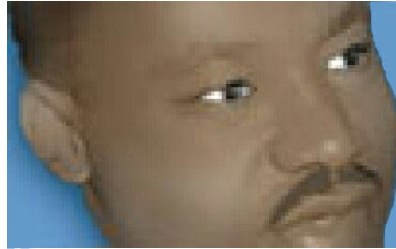
Gazette Editor
JO1 Amy Kirk

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A Tribute to Martin Luther King, Jr.

Remember! Celebrate! Act!
A Day On ... Not A Day Off.

Martin Luther King's death did not slow the Civil Rights Movement. Black and white people continued to fight for freedom and equality. Coretta Scott King is the widow of the civil rights leader. In 1970, she established the Martin Luther King Jr.

Memorial Center in Atlanta, Ga. This "living memorial" consists of his boyhood home and the Ebenezer Baptist Church, where King is buried.

On Monday, January 20, 1986, in cities and towns across the country people celebrated the first official Martin Luther King Day, the only federal holiday commemorating an African-American. A ceremony which took place at an old railroad depot in Atlanta, Ga., was especially emotional. Hundreds had gathered to sing and to march. Many were the same people who, in 1965, had marched for 50 miles between two cities in the state of Alabama to protest segregation and discrimination of black Americans.

All through the 1980's, controversy surrounded the idea of a Martin Luther King Day. Congressmen and citizens had petitioned the President to make Jan. 15, Martin Luther King's birthday, a federal legal holiday. Others wanted to make the holiday on the day he died, while some people did not want to have any holiday at all.

Jan. 15 had been observed as a legal holiday for many years in 27 states and Washington, D.C. Finally, in 1986, President Ronald Reagan declared the third Monday in January a federal legal holiday commemorating Dr. Martin Luther King's birthday.

Schools, offices and federal agencies are closed for the holiday. On Monday there are quiet memorial services as well as elaborate ceremonies in honor of Dr. King. On the preceding Sunday, ministers of all religions give special sermons reminding everyone of Dr. King's lifelong work for peace. All weekend, popular radio stations play songs and speeches that tell the history of the Civil Rights Movement. Television channels broadcast special programs with filmed highlights of Dr. King's life and times.

The 2003 Dr. Martin Luther King, Jr. holiday observance is Monday, Jan. 20 and marks the 74th birthday of Dr. King and the 17th anniversary of this national holiday. The theme for the 2003 celebration is "Remember! Celebrate! Act! A day on, not a day off!"

From 20-25 January, everyone is strongly encouraged to commemorate the Dr. Martin Luther King, Jr. holiday consistent with current mission and resources. Maximum participation by all civilian and military personnel is encouraged through programs, exhibits, and published items of interest in command bulletins.

Here in GTMO, the Annual Martin Luther King, Jr. Candlelight March will honor this amazing Civil Rights leader. The entire community is welcome to come out and participate. We will gather at 5pm on January 20 at the POW/MIA Memorial on Sherman Avenue.

If you have any questions or concerns regarding the event, please contact DTC Wanda Simmons at 7-2600.

Candlelight March Candlelight March

**In honor of Civil Rights Leader Dr. Martin Luther King, Jr.
January 20th - 5pm , starting at the POW/MIA Memorial
and ending at the Chapel. An inspirational speech and musical program
will be held at the Chapel following the march.**

GTMO Prepares to Celebrate 100 Years of Cuban American Friendship

In 1898 when United States Marines landed in Guantanamo Bay, Cuba to fight in the Spanish-American War, no one anticipated that the United States military presence in Guantanamo Bay would continue into the new millennium. Then in 1903, the United States agreed to lease a portion of the area and this is when our friendship with the Cubans who have worked, lived or commuted daily to Guantanamo Bay began.

A time-honored tradition and observance of this history is Cuban American Friendship Day. This year's celebration will commemorate 100 years of friendship and will take place on Friday, the 31st of January. The observance will kick off at 7am with a 9 ½ mile relay run from the Northeast Gate to Phillips Park in which both the United States flag and the Cuban flag are carried by team members and then passed along to succeeding teams at designated points. The carrying of both flags symbolizes the continuing bond which exists within the Cuban and American residents of Guantanamo Bay. Point of contact for the relay run is GySgt Dombroski at 3429/2008 or 7330.

At noon, the celebration at Phillips Park begins. Following the opening of the ceremony, attendees will be able to indulge in a delicious lunch buffet consisting of Cuban cuisine derived from authentic recipes. The lunch buffet will consist of *lechón asado* (pork roast), *pollo en fricase* (Chicken Fricassee), *congrí* (black beans with rice), *tamales de maíz* (corn tamales), *yuca con mojo* (cassava with garlic sauce), *panecillos* (dinner rolls) and *flan* (caramel custard). Tickets for the lunch buffet are \$10 for adults and \$5 for children twelve and under. The last day to purchase tickets will be the 29th of January. Tickets, however, are only required for the meal. Individuals may choose to attend the celebration without purchasing a ticket. Point of contact for ticket sales is LT Goldberg at 72035 or 7124.

After lunch, the program portion of the celebration will commence. This year's guest speaker is the Honorable Alberto Jose Mora, General Counsel of the Department of the Navy. Upon completion of presentations and awards, music and entertainment will follow, including performances from members of our GTMO community, as well as DJ services by Mr. Jim Veazey. Music will consist primarily of Latin tunes. The Rock Wall and a bouncer will be provided for the children. The celebration is expected to last until 6pm.

Cuban American Friendship Day truly affords the residents of Guantanamo Bay the wonderful opportunity to easily meet and experience the fellowship of Cubans who have been an integral part of this base "before many of us were ever born." Their stories and historical accounts "of way back when" are fascinating, intriguing and enlightening...and most importantly, their friendships are ones that undoubtedly last a lifetime.

The Cuban American Association would be greatly honored by your presence at this event. For more information, you may contact either Migdalia Hettler at 4431/5350 or LT Goldberg at 72035/7124.

Cuban American Friendship Day Items On Sale!

*T-shirts, muscle shirts, jerseys, sweat shirts and caps.
Adult and children's sizes available*

Cookbooks also available

*Cookbooks contain authentic recipes for Cuban cuisine provided by
GTMO's Cuban community. They make great gifts and are
on sale at the NEX atrium – January 18 and 25 from 9am until 7pm*

NEWS BRIEFS

Home Provider Training

Become a certified Child Development Home Provider. Classes begin February 4. Classes run for eight weeks on Tuesday and Thursday evenings from 6 to 10pm. For registration information, contact Pat Bell at 2005.

STATO Fundraisers

The Seniors Taking a Trip Organization, or STATO, is kicking off its fundraising season.

CAR WASH and BAKE SALE January 18th, 9am to 1pm at the NEX

The STATO consists of the 2003 Seniors at W.T. Sampson High School. Watch the Gazette for more news on upcoming fundraisers.

Kids' Art Contest Deadline Approaches

Elementary school artists of military families have until Jan. 27 to enter the 2003 Armed Services YMCA Art Contest and earn a chance to win a \$500 Savings Bond.

The annual talent hunt is open to kindergartners through sixth graders of active and reserve component military families in all the services.

Winners' artwork is judged primarily on the theme of "My Military Family." They're featured on the Military Family Month 2003 poster.

Children should draw their military family in color on 8.5- by-11-inch paper. Include the following on the back of each entry: name, grade and age; address; phone number or e-mail address; parents' names; service affiliation; rank of military member; military installation; and school's name if the child attends a Defense Department school.

Mail to Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, Va. 22310. Entries should be postmarked by Jan. 27.

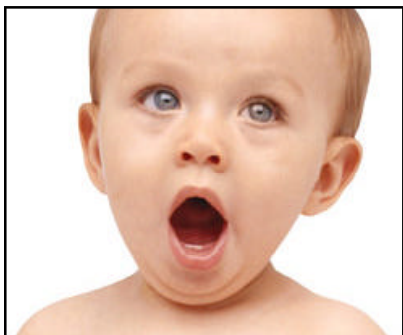
For more information, visit www.asymca.org.

Service Numbers Change

Effective immediately the following telephone numbers are changed:

- * 910 telephone/internet trouble desk is now 2222;
- * 914 base information is now 2000;
- * 916 morale line is now 2800.

January is National Birth Defects Awareness Month



About 150,000 babies are born each year with birth defects. The parents of one out of every 28 babies receive the frightening news that their baby has a birth defect. A birth defect is an abnormality of structure, function or metabolism (body chemistry) present at birth that results in physical or mental disability, or is fatal. Several thousand different birth defects have been identified. Birth defects are the leading cause of death in the first year of life.

Can Birth Defects Be Prevented?

While the causes of most birth defects are not known, there are a number of steps a woman can take to reduce her risk of having a baby with a birth defect. One important step is a pre-pregnancy visit with her health care provider. During this visit, the provider can obtain valuable information about a woman or couple's family history, which may help identify risk factors for birth defects or inherited genetic conditions. This information allows for appropriate testing and screening to be offered prior to or during pregnancy. During a pre-pregnancy visit, providers also can take a good look at a woman's health and lifestyle, and guide her in any changes that could improve her chances of having a healthy baby.

A pre-pregnancy visit is especially crucial for women with medical problems like diabetes, high blood pressure, and epilepsy, which can affect pregnancy. For example, women with poorly controlled diabetes are several times more likely than women without diabetes to have a baby with a serious birth defect. However, if their blood sugar levels are well controlled starting before pregnancy, they are almost as likely to have a healthy baby as women without diabetes. If a woman has never had chickenpox (and has not been vaccinated), a pre-pregnancy visit is a good time to check whether she should be vaccinated prior to pregnancy. Like rubella, chickenpox can cause birth defects when contracted by the pregnant woman, although the risk is low. If she has not been vaccinated against rubella since childhood, she should ask her doctor about the rubella vaccine or a combination vaccine such as measles-mumps-rubella (MMR). She should avoid pregnancy for one month after chickenpox, rubella or MMR vaccination. All women who could become pregnant should take a daily multivitamin containing 400 micrograms of the B-vitamin folic acid. Studies show that taking this vitamin prior to and in the early weeks of pregnancy reduces the risk of having a baby with certain birth defects of the brain and spine, including spina bifida. If a woman already has had a baby with one of these birth defects, she should consult her doctor prior to pregnancy about how much folic acid to take. Generally, a higher dose, 4 milligrams, is recommended.

A woman who is pregnant or planning pregnancy should avoid alcohol, smoking, and street drugs — these can cause birth defects and other pregnancy complications. She should not take any medication — prescription, over-the-counter, or herbal — without first checking with her health care provider.

Can Some Birth Defects Be Diagnosed Before Birth?

Some birth defects can be diagnosed before birth, using one or more prenatal tests including ultrasound, amniocentesis and chorionic villus sampling (CVS). Ultrasound can help diagnose structural birth defects, such as spina bifida, heart and urinary tract defects. Amniocentesis and CVS are used to diagnose chromosomal abnormalities, such as Down syndrome. They also can detect, or rule out, numerous genetic birth defects that may be suspected because of family history or ethnic background. Can birth defects be treated before birth? A small percentage of couples will learn through prenatal diagnosis that their baby has a birth defect. While this news can be devastating, prenatal diagnosis sometimes can improve the outlook for the baby. Advances in prenatal therapy now make it possible to treat some birth defects before birth.

Couples who have had a baby with a birth defect, or who have a family history of birth defects, should consider consulting a genetic counselor. These health professionals help families understand what is known about the causes of a birth defect, and the chances of the birth defect recurring in another pregnancy. Genetic counselors also can provide referrals to medical experts as well as to appropriate support groups.

To view a more comprehensive list of common birth defects, visit the March of Dimes website at www.marchofdimes.com.

GTMO TaeKwonDo Says Farewell to Black Belt Robert Manning; Student Promotions Keep Climbing

Even through the Holiday Season, GTMO Taekwondo continued their hard training, working out and promoting of students through the belt ranks.

Taekwondo unlike many sports is not a seasonal sport and provides training year around. The Korean Martial Art of Taekwondo has so much to offer, that many students come to enjoy the excitement of the workout, along with the mental and physical challenge, making this sport a way of life.

A successful martial arts studio, school or program is truly gauged by the instructors, masters, school curriculum and criteria that guide it. The Head Instructor is responsible for monitoring each student's ability to achieve success in the martial art of Taekwondo, along with keeping up with the curriculum which guides the Taekwondo program. The Head Instructor will evaluate each student on an individual basis in order to provide the student with the proper mental and physical needs to excel. Once a student has mastered a particular belt level, the Head Instructor will test and certify that student on the belt criteria.

Head Instructor Matt Brittle says the training and instructing never ends. He spends the majority of his off time from his Navy job devoting his life to the Martial Art of Taekwondo. It is a kind of dedication that students learn over many years as a Taekwondo practitioner, which allows them to become a truly committed and devoted instructor.

The assistant instructors are guided by the Head Instructor to provide the proper classroom training for the students. The assistants spend so much time in class helping and guiding other students, they give up the time to continue their own training for their next level. Head Instructor Matt Brittle has been able to have the assistance of three Black Belts. Robert "Bo" Manning, Matt Brittle Jr. and Heather Brittle. Just as the Head Instructor, the assistants have full time commitments in life, rather it be a job or school. For Black Belt Robert Manning, it was the Marine Corp Fast Company. When not engaged with military



Head Instructor Matt Brittle presents Letter and World Taekwondo Federation patch to assistant instructor, Black Belt, Bo Manning.

duties, "Bo" would devote his off time to GTMO TaeKwonDo in assisting Head Instructor Brittle and other instructors during classes. Bo, who studied and was belted under the International Taekwondo

curriculum, quickly adjusted to the World Taekwondo curriculum we use for the GTMO TaeKwonDo program and in a short few weeks was assisting in class. "Bo" departed GTMO December 21st and returned to his home state of Texas, where he will continue his training and teaching of TKD students. On behalf of all instructors and students we thank him for his time, services and wish him all the best in the future.

During the month of December many students endured the vigorous testing procedures to achieve their goal in reaching the next belt rank. Even with the holidays coming up and in the back of their minds, students were able to stay focused throughout this busy time of the year and reach another step in their goal of TaeKwonDo. Congratulations to all students that tested and promoted in December.

The following is a list of those students and the belt they tested for:

Yellow Belt: Alan Knesek, Eric Dillman, Mario Veliz

Purple Belt: Ted Bartimus, Desiree Richardson

Purple Stripe Belt: Hugh Mills, Joe Wiltz

Green Belt: Heather Gariepy, Rhodney Farlow, Mark Elliot

Green Stripe Belt: Lance Forstie

Brown Belt: Julie Dillard, Lynn Raymer



Black Belt Heather Brittle presents the Student of Month Certificate to Heather Gariepy.

Student of the Month

January's Taekwondo Student of the Month is Heather Gariepy.

Each month, one student from GTMO's Taekwondo Class is selected as student of the month.

This individual has demonstrated noticeable discipline skills, respect for self and others, focus and determination.

Congratulations, Heather!

Sign up for the 2003 CAFD Relay Run

In honor of Cuban American Friendship Day, a 9-1/2 mile relay run from the Northeast Gate to Phillips Park will be held on Friday, the 31st of January, beginning at 7am. During the relay run, both the United States flag and the Cuban flag are carried by team members and then passed along to succeeding teams at designated points. The carrying of both flags symbolizes the continuing bond which exists within the Cuban and American residents of Guantanamo Bay. This run has become an annual Guantanamo Bay tradition.

The relay run is open to all members in the community and is free. At least six unit teams are needed to make this event a success. Unit teams should consist, at a minimum, of four to six members. Members of the team will be required to carry both of the flags during their segment of the run. Units may also choose to run in formation. The Marines will be responsible for carrying the flags from the Northeast Gate up to the self-help store. Unit teams will then continue the relay run from the self-help store until arrival at Phillips Park.



From the 2002 CAFD Relay Run: Members of the Marine Corps Security Force Company, led by their platoon commanders, run from the Northeast Gate to Nob Hill where they are joined by community members for the rest of the run to Phillips Park. Each year, the group proudly carries the U.S. and Cuban flags along with the Navy and Marine Corps flags. The annual run kicks off the Cuban American Friendship Celebration which began in 1969.

Any individuals who choose to participate in the relay run on their own should be in appropriate physical training attire and meet at the self-help store, no later than 7:15am, on the day of the run.

Registration, however, is required for unit teams. Deadline for registration is Friday, the 24th of January. Point of Contact is GySgt Dombroski at 3429/2008 or 7330.

Ceramics & Pottery News

New Hours

**Saturday, Sunday and
Wednesday - 9am to 9pm**

**Tuesday, Thursday and
Friday - noon to 9pm**

**Holiday Hours
10am to 4pm**

**Normally, the Ceramics &
Pottery Shop is closed on
Mondays, but we will be
open Monday, January 20th
from 10am to 4pm.**

FMI, call 4795

Newman's Own Awards Offers Community Groups \$50K in Grants

Volunteer community organizations have until April 30 to enter the fourth annual Newman's Own Award for Military Community Excellence competition for a share of \$50,000 in grants.

The contest is co-sponsored by the Newman's Own Co., the Fisher House organization, and the Military Times Media Group. First prize of a \$10,000 grant goes to the group with the most innovative plan to improve the quality of life for military families and their communities.

Contest judges allocate the remaining \$40,000 in grants to other organizations based on programs that "capture the spirit of volunteerism," according to a Fisher House spokesman. He also said organizations should primarily be those with volunteers rather than paid professional staffs, such as PTAs, student classes, the Boy Scouts and Girl Scouts and spouses' clubs that need financial aid for projects supporting the military community.

Newman's Own is the food company started by actor Paul Newman, who has donated company profits, \$125 million since 1982, to charities and educational causes. Fisher House operates nearly three dozen "homes away from home" near major military medical facilities worldwide to help family members tending to loved ones receiving treatment. The Military Times Media Group runs the military and federal Times newspapers.

For specific eligibility and entry rules, visit the [Fisher House Web site](http://www.fisherhouse.org) at www.fisherhouse.org or call (888) 294-8560.

In 2002, the Healthcare Spouses Organizations was awarded a \$2,500 grant for the Missoula Children's Theatre for Students of Guantanamo Bay.

Soggy Cereal and Flyaway Hair: Turn That Bad Day Around

By Kelli Kirwan
Lifelines.com

Have you ever had a day when the weather, your weight, and your hair all seem to get together and decide you need a challenge? When your corn flakes get soggy quicker than usual? When everyone wants everything from you right now?

It may seem as though you're being tested. Perhaps you wonder who in the big cosmos you have upset to deserve such a rotten day. More than likely it is not a cosmic plan to thwart you, but just a bad day. Sometimes you can see where it all went south, and other times you have no idea. Sometimes bad vibes are there before you throw the covers back and your feet hit the floor. Regardless of what started you down the trail of trials, there are some things you can do to salvage what might be left of your day.

Defy the Bad Day

When chaos seems to be raining supreme, give yourself a time out. Don't be afraid to say, "STOP!" Then step back and give yourself a moment. Regroup and slow down the negative spin you find yourself in. Try a few quiet moments with an inspirational book or uplifting music. It can clear your mind and help you refocus.

Sitting quietly and reflecting may not be for you. If that's the case, run around. Really — walk fast, run slow, bounce around the house. Work off that negative energy and get some happy endorphins flowing. Then take a nice, energizing shower, get dressed, and you may look at your particular situation differently. You may at least see some solutions you overlooked before.

Once you have stopped the merry-go-round of madness and quieted your mind, you are ready to approach whatever may be causing you to have a less-than-great day. Sometimes you overload yourself with responsibility and then life comes along and throws additional duties at you and you become overwhelmed. Make a list of things that need to be done, and prioritize them. Shift what can be done later and maybe even delete those things that are cramping the rest of your calendar. If your day is really awful, take time to evaluate if you have too much on your plate, then start lightening the load where you can.

By stopping and changing your energy and focus from what is wrong to what is right, you may find that you are able to put things in perspective. Sometimes talking things through with a friend who is upbeat and positive can help you overcome the blues. Smiles and happy attitudes are contagious. So are down moods and criticism, so be careful whom you call if you're in need of a pep talk.

Sometimes a bad day stems from being disorganized or cluttered. By clearing your house you can often clear your mind. The process of rearranging your home brings a fresh feeling inside. Life tends to look less challenging when your personal space is organized, clean, and nice to be in.

More Than a Bad Day

If your bad days seem to be sliding into weeks, consider taking some steps to alleviate and control stress in your life. Check out the



Fleet and Family Support Center (FFSC) for tips on dealing with stress or even sign up for a Stress Management class.

If you're still feeling the blues and it seems to be lasting longer than two weeks, maybe you're depressed. (The Adolescent Wellness and Reproductive Education Foundation - AWARE) website has a good article about recognizing depression.) You can always talk to your chaplain or a counselor at the FFSC.

You're the Boss

You are in charge of you and it is okay to sit back and reevaluate what is happening around you. Sometimes that is all you need to do. Other times you may see that some bigger changes need to be made and you can begin working on those as you recognize them. So when your day is bad, just "stop, drop, and roll" it all off your back. The inspiration you receive might just set you on fire.

DAPA Notes: PREVENT Comes to GTMO

PREVENT (Personal Responsibilities and Values: Education and Training) is the Navy's alcohol and drug prevention class for 18-26 year old Sailors. The goal of the program is to provide Sailors with the necessary education and training to be viable, personally responsible, contributing members of the Navy.

The four modules covered are Alcohol Misuse and Drug Prevention, Interpersonal Responsibility, Personal Finances, and Health and Readiness. The class is 3-days, 8 hours each day. We have tentatively been funded for three classes with dates to be determined. If any one would like to participate in the class please call SK1Smith at work (4099) or home (7906).

Jeepers, Creepers - Take Care of Your Peepers

You use them all day, from the moment they pop open in the morning to the instant you close them and nod off at night. They are your eyes! And whether you have baby blues, baby browns, or baby something else, you need to take care of those peepers.

January is National Eye Care Month. Below are some helpful hints for taking care of your eyes:

- Have a complete eye exam every 1 to 2 years. Most eye diseases can be treated if detected early.
- Test for glaucoma every 1 to 2 years.
- Take extra care if you have diabetes or a family history of eye disease. Have an eye exam every year.
- See an eye doctor immediately if you have any loss or dimness of eyesight, eye pain, double vision, extreme redness or swelling of your eye or eyelid.



EYE DISEASES AND DISORDERS

Cataracts - cloudy areas in part or all of the eye lens. Cataracts keep light from passing through the lens, thus causing loss of eyesight. Cataracts form slowly and cause no pain, redness, or tearing in the eye. If a cataract becomes large or thick, it can usually be removed by surgery.

Glaucoma - too much fluid pressure inside the eye. The cause of glaucoma is unknown. If detected early, glaucoma often can be controlled and blindness prevented. Most people with glaucoma have no early symptoms or pain. Therefore, glaucoma testing is very important.

Conjunctivitis - occurs when the tissue that lines the eyelids and covers the cornea becomes inflamed. It can cause itching, burning, tearing, or a feeling of something in the eye. Conjunctivitis can be caused by infection or allergies.

COMMON EYE COMPLAINTS

Presbyopia - slow loss of ability to see close objects or small print. A normal process that happens gradually, you may not notice changes until after the age of 40. Presbyopia can be corrected with reading glasses.

Floaters - tiny spots or specks that float across the field of vision. They are most often noticed when a person is in a well-lit

room or outdoors on a bright day. Floaters are usually normal, however, they can be a warning sign of eye problems such as retinal detachment, especially if they happen with light flashes.

Dry Eyes - occur when tear glands don't make enough tears or make poor quality tears. Dry eyes cause itching, burning, or even some loss of vision. A humidifier or eye drops may help.

EYELID PROBLEMS

Pain, itching, tearing, and sensitivity to light are common eyelid symptoms. Other problems may include drooping eyelids (ptosis), blinking spasms (blepharospasm), or inflamed outer edges of the eyelids near the eyelashes (blepharitis). Eyelid problems can often be treated with medication or surgery.

Manual Could Help New Year's Fitness Resolution

By Brian Badura

Bureau of Medicine and Surgery

Good training programs are designed around a comprehensive plan providing information to guide every step of the way. Personal fitness regimens should have a plan, as well.

The Navy Environmental Health Center (NEHC) Portsmouth recommends the "Force Health Protection: Nutrition and Exercise Resource Manual" as a comprehensive guide for nutrition and fitness.

"It was published by the Department of Military and Emergency Medicine at Uniformed Services University of the Health Sciences (in Bethesda, Md.) in 1999, and presents a wealth of evidence-based fitness information," said Diana Settles, program manager for injury prevention and fitness at NEHC.

The manual begins with an overview of how the body produces and uses energy, as well as some basics on

nutrition. The bulk of the information covers physical exercise, with topic areas including flexibility, cardiovascular exercise and strength training.

With Sailors and Marines training in diverse environments ranging from submarines to deserts to carrier decks, the manual also focuses on rounding out your knowledge to keep you healthy. For example, it breaks out specialized topics such as training in diverse climates; training for women; and the relationship between age and performance.

Beginners and seasoned fitness fans alike will benefit from the wealth of information in the manual to help maintain optimum performance. The manual can also help you meet those upcoming holiday resolutions to get in shape.

To check it out, visit the NEHC web site at www.nehc.med.navy.mil/hp/nutrit/forcehealth.htm.

Worship Services

Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700

(Cobre Chapel)

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Mass - Leeward Side 1215

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel)

Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100 & 1930

Camp America 0900

New Life

(Main Chapel)

Sunday

Worship Service 1245

Sunday School (Sanctuary B) 1130

Church of Jesus Christ of

Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship 1800

Iglesia Ni Cristo

(Sanctuary B)

Sunday

Worship 2000

Pentecostal Gospel

Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

Islamic Service

(Classroom 18))

Friday

Worship 1300

United Jamacian

Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Please ask the Faith Group Representative about Sunday School Times, Education Programs, Bible Study, Prayer Groups, etc. For more, call the Chaplain's Office at 2323.



MISSOULA CHILDREN'S THEATRE PRESENTS

The Wiz of the West

The Wiz of the West
Monday, January 20th and Tuesday, January 21st

Cast

Dotty	Jessica Brewer
Mooch	Alison Helms
Scared Crow	Justin Helms
Lionel	Major Torley
Dr. Ozzy	Sean Smith
Hawknose Halley	Christina Ogle
Top Dog	Luis Martinez
Mad Dog	Nico Lattrell
Bad Dog	Chris Grewe

Coyotes

Allison Britt, Stephanie Robinette, Jessi Perrin, Nicole Warren,
Jessica Felder, Kori Sheldon

Munch Kins

Matt Frame, Rachel Johann, Dawn Gann, Page Gann, Steven
Rabalais, Megan Shocklee, Victoria Robichaux, Arden Anderson

Buzzards

Tiyonte Bailum, Courtnee Wilson, Lauren Schaefer, April Helms,
Victoria Olsen, Daniel Thomas, Jared Knighton, Katie Basel, Tanner
Torley, Neil Popham, Tiffany Brewer, Ashley Raymer

Tarantulas

Wesley Belleman, Kayla Ward, Diana Polica, Victoria Miller, Morgan
Bozydaj, Bethanie Knighton, Sierra Taylor, Francheska Carrasquillo,
Alex Davis, Marisol Nazario, Princess Beard, Brooke Niccum,
Matthew Warren, Ader Paul, Bridget Thomas, Samantha Sotelo,
Emmett Kemp, Jack Walsh

Assistant Directors

Sam McFarland, Jazmin Brown, Hayden Kemp

Tickets on sale at the NEX Atrium Sat & Sun from 10am-1pm.

Individual Play Scramble

Yatera Seca Golf Club is sponsoring an Individual Play Scramble (stroke play) on Monday, January 20 at 8am. Handicaps will be used. If you don't have a handicap, you will be handicapped using the Calloway System. Cost is \$5 for non-members and \$3 for members. Prizes will be awarded to 1st, 2nd and 3rd place. You will be responsible for your own cart and clubs.

School Lunch Menu

Jan. 20 - 24

- MONDAY -



Martin Luther King, Jr.
1929 - 1968

Federal Holiday
No School

- TUESDAY -

Hot Dog w/Bun,
French Fries,
Sweet Peas,
Fresh Fruit, Milk

- WEDNESDAY -

Beef Taco, Crispy
Taco Shell, Rice,
Lettuce & Tomato,
Cheese, Sliced
Pineapple, Milk

- THURSDAY -

Fish Sticks,
Macaroni & Cheese,
Mixed Vegetables,
Sliced Peaches,
Milk

- FRIDAY -

Teacher
Work Day
Early
Release
No Lunch



Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Bird Work in GTMO, Part II

By Bob Wilkerson
The Institute for Bird Populations

The Institute for Bird Populations (IBP) working in association with the U. S. Navy has been studying the over-winter survivorship of neo-tropical migrants as well as the nesting success and survivorship of the year round resident Cuban birds on Guantanamo Naval Air Station since the fall of 1998.

Guantanamo presents itself as an ideal location to study bird populations in a country otherwise off-limits and in a region (the Caribbean basin) that has historically been impacted by habitat degradation and continues to be affected today.

IBP maintains 6 study plots in various habitats throughout the base. Each site is visited 4 days per month. Mist-nets (fine mesh nets that are nearly invisible once erected) are used to capture birds and once captured, birds are marked with a uniquely numbered aluminum leg band. The bands allow identification of individual birds for months and even years into the future and IBP has actually identified Warblers that have returned to GTMO for three consecutive winters. These are birds that have made the round trip to Canada and back each year for three years! Using a technique known as mark recapture and complex mathematical formulas IBP scientists are able to study bird populations in GTMO based on recaptures of these marked birds months or even years after the original capture date.

In addition to survivorship and nesting studies on GTMO, IBP also does a monthly shorebird censuses, behavioral ecology studies, and works to educate the local GTMO populous about the wealth of bird life present on the base.

Shorebird censuses in the Leeward Salt Ponds are conducted once a month along the Leeward fence line road. Data collected from these surveys allow us to understand the different species using the ponds and in what numbers they are present. November is typically the best month for our shorebird surveys, but with all of the rain this year shorebirds are staying in the ponds longer and large numbers will probably spend Christmas in the Leeward Salt Ponds. Water birds in general are threatened in the Caribbean due to habitat loss and water pollution. Highlighting our shorebird surveys are occasional glimpses of Greater Flamingos, a bird that has benefited from protective measure taken in Cuba proper but does less well throughout the Caribbean.

IBP's behavioral ecology work focuses on elucidating the links between over-wintering Warblers, their behavior, the habitats they are wintering in, and survivorship. Because Cape May Warblers are the most abundant over-wintering Warbler on GTMO, they are our most studied focal species. Biologists go into the field each day and carefully document how birds are interacting with each other, what they are eating, and territorial behaviors, among other details. Because many of the birds we observe in the field have been



Last year, students from W.T. Sampson Elementary school took a field trip to get an up close look at some of the birds found on GTMO. Here the students look at and touch a mockingbird. Photo by Trish Loop.

previously captured by us and banded with unique color combinations, we can identify individuals and document how they are behaving in known habitats. With this data we hope to detail differences in behavior between young birds (birds in their first winter of life), adult females, and adult males (adult birds are in at least their second winter of life or older); finally we will compare behavioral data to survivorship data to examine the differences between how over-wintering Warblers behave here in GTMO and how that influences their chances of survival.

Educating the public about birds is something all of the IBP biologists working at GTMO thoroughly enjoy. Ways in which IBP has reached out to the public include preparing a birding checklist for base residents to utilize, providing photographs to the Natural Resource Department used produce a brochure of common birds found on the base, providing bird banding demonstrations for elementary school classes, and writing occasional articles such as this one in the GTMO Gazette. Knowledge learned from IBP's work on GTMO will be used by base biologists to formulate wildlife management plans that aim to benefit on GTMO's bird populations.

For more information contact IBP in at 6057.

Energy Conservation

**The electronic ballast can replace the standard
magnetic ballast for immediate savings of 44
watts per fixture.**

GTMO SHOPPER

FOR SALE

(1) USB Zip Drive and 4 Zip Drives Floppy's 250 MB capacity. Asking \$90. Portable Hard Drive, IBM Travelstar PCMCIA, 8GB Space, Great for backups on notebooks. \$110 OBO. Work-4233 Home 8147.

(2) Ladies clothes, sizes 10 & 8 petite. Pants, dresses, tops, and jackets. Like new or never worn. Call 5212 for an appointment.

(2) 3 piece living room set - sofa, loveseat and recliner, \$600 OBO. Glass-topped dinette set (4-chairs), \$300 OBO. Call after 6 pm 5508.

(2) Sega 16-bit w/2 controllers, 19 games and game genie, \$100. Nintendo 64 w/2 controllers, 5 games and tilt pack, \$75. Sony Playstation w/2 controllers, \$50. All in excellent condition. Call 7-2185 (DWH) or 7976 (AWH).

(3) Kenmore Dryer, \$50 OBO. Available on 10 Jan 02. Call 7864.

(3) Dog Kennel, Medium, used one time, LIKE NEW. Call 7864.

(3) SoCom/U.S. Navy Seals Play Station II game - \$45. Call 7003(H) 6277(W).

VEHICLES/BOATS

(1) Not a GTMO Special! 1986 Toyota. Interested? Call 7108, leave a message.

(1) 1989 Nissan Sentra. 4-sp. Great A/C, new tires. Available 1/28. \$2000 5074(w) 8197(h).

(2) 1994 Chevy Astro Van, runs great...looks good. \$3,000.00 Call for details, (H) 7888.

WANTED

Looking to purchase a used beginners guitar in good condition. Have one you want to sell? Call 5418.

Part time supervision/tutoring for a seventh grade home school student. Half days morning or afternoon. Phone: 7708 home, 5213 work.

EMPLOYMENT

W.T. Sampson is always accepting applications for Substitute Teachers. Drop by the High School front office and pick up an application. Call 3500 if you have any questions.

W.T. Sampson High School is accepting applications for an Avid Tutor. This position is for 3 days a week, working 2hrs each day. Call 3500 for more information.

Choctaw Management Services Enterprise (CMSE) is responsible for implementing the Women, Infants and Children (WIC) Overseas Program to U.S. military beneficiaries at U.S. installations throughout Europe and the Pacific. We have the following positions available:

Nutritionists/Dietitians/Nurses. Requires a BS in Nutrition, Dietetics, Nursing or Home Economics. Experience in prenatal, maternal or infant nutrition required. Registered Dietitian preferred. Experience with WIC desirable. Must have current driver's license. Attractive salary and benefits package including 401(k), medical/dental/vision, continuing education and opportunities for career relocation and growth. For consideration, please e-mail your resume, cover letter and a copy of applicable licenses to: wicjobs@cmse.net or fax to: (210) 341-3455 or you may mail your information to: Choctaw Management Services Enterprise Attn: WIC Overseas, 2161 NW Military Hwy, Suite 308; San Antonio, TX 78213.

For more information about job opportunities with WIC Overseas, visit our website at www.cmse.net.

Full-time position -Hazmat Pharmacy Warehouse Worker. Applicants apply at Paper Clips Etc. POC-Branson Taylor at 4603.

The following are job vacancies currently open through the Human Resource Division. FMI, call 4822 or 4430.

Open Continuous Vacancies: Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees who were recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor employees.

SERVICES

Math Tutor: Elementary, high school and college math. Email

Treasures & Trivia News

If you wouldn't give it to a friend, don't give it to Treasures & Trivia! Items should be clean and in usable condition.

Please refrain from giving broken toys or toys with missing parts. The shop is operated by volunteers on a limited basis and they do not have time to sort, discard items.



math652002@yahoo.com.

Need a night to yourself, or just want to go out. Certified and experienced baby-sitter. Call Amanda at 7892.

Need help around the house? Call Chaz at 7466. Prices negotiable.

Red Cross certified baby sitter. Experienced, responsible. Call 7976, ask for Jessica.

Experienced baby-sitter of 5 years! Call Mariah at 7466.

Red Cross Certified baby-sitter available. Call Melissa at 5418.

Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

PETS

Free to a good home, a two year old GTMO cat. House broken and comes with toys, bed, and litter box. We are moving and can't take our GTMO cat with us. Please come and see your new gtmo cat. Call 5855.

ANNOUNCEMENTS

To the NEX Salon customers of Kim Dowden: Kim will be off-island from February 6 to February 28. Please make hair appointments for the week of her return and the week prior to her leaving by calling 4764 or 7672.

Interested in playing fantasy sports here in GTMO? Looking to form a fantasy baseball, football and basketball league locally, with live drafts. If interested or if you have experience running fantasy leagues and for more info send an e-mail to avincen@gtmo.net.

Pampered Chef - Orders being taken until January 31st. For orders

and catalogs, call Michelle @ 7511.

YARD SALE

Two Family Rummage Sale - Center Bargo 1194A -Sat. Jan 18 from 7:30 to 10am - Maternity & Baby Clothing, Toys, Kitchen and Houseware, Bedding. Queen Sized Bed w/ head and foot board \$175. NO EARLY BIRDS!

PERSONALS

Lordy, Lordy...look who's

40!

Happy Birthday Chuck Jenkins! We hope that this is the best birthday ever....We love you, Shawna, Avery, and Alex

The OCSC would like to say a special thank you to Joyce and Frank Kruppa, Luke and Sue Bodenheimer and to all of the Seabee's who helped to take down the Christmas tree on New Year's Day.

The JTF-GTMO Religious Support Team presents Christian's Night Out

Saturday, January 18th
at 9:30pm at Fellowship Hall
Enjoy an evening of Games, Poetry, Music, Food and Fun
For more details, call SSG Mike Montgomery at 3203 or 8021.

8 MILE



Drama
1 hr. 51 min.

Starring:
Eminem,
Kim Basinger,
Brittany Murphy,
Mekhi Phifer,
Eugene Byrd

8 MILE, a drama set against the 1995 hip-hop scene in

Detroit, is about the boundaries that define our lives and a young man's struggle to find the strength and courage to transcend them.

FRIDAY AFTER NEXT

Comedy
1 hr. 25 min.

Starring:
Ice Cube,
Mike Epps,
John Witherspoon,
Don "D.C." Curry,
Anna Maria Horsford



Friday After Next takes place during the Christmas season.

Craig and Day-Day have left behind the security of living with their parents. Everything is idyllic...until a ghetto Santa Claus breaks in and steals their Christmas presents and the rent money. Faced with a Christmas without presents and a eviction if the rent is not paid, they land jobs as unarmed security guards.

EXTREME OPS



Action/Adventure
1 hr. 33 min.

Starring:
Devon Sawa,
Rufus Sewell,
Bridgette Wilson-Sampras,
Heino Ferch,
Joe Absolom

A film crew travels to the Austrian Alps near the (former) Yugoslav border to film three extreme sports enthusiasts being chased down by an avalanche for a commercial. What they don't know, however, is that they're filming near the secret hideout of Slobodan Pavle, a Serbian war criminal. Accidentally catching him on film, they become locked in a life-or-death chase through the mountains.

Movies

FRIDAY, JAN 17

7pm Spirited Away
PG - 125min

9pm Friday After Next
R- 85min

SATURDAY, JAN 18

7pm Extreme Ops
PG13 - 93min

9pm 8 Mile
R - 111min

SUNDAY, JAN 19

7pm The Emperor's Club
PG13 - 109min

9pm Maid In Manhattan
PG13 - 106min

MONDAY, JAN 20

7pm Friday After Next
R - 85min

TUESDAY, JAN 21

7pm Extreme Ops
PG13 - 93min

WEDNESDAY, JAN 22

7pm 8 Mile
R - 111min

THURSDAY, JAN 23

7pm The Emperor's Club
PG13 - 109min



What's Happening...

Liberty Center

Dart Tournament
January 15
FMI, call 2010.

Liberty Center

Horseshoe Tournament
January 19
FMI, call 2010.

Martin Luther King, Jr.

5K Fun Run

January 20
6:30am at the Base Gym
FMI, call 2193.

Youth Basketball

Season begins January 25th
Registration is Jan 4th - Jan 8th
The clinic will be held
Jan 9th, 10th, 11th
5pm to 6pm for 7 - 9 year olds
6pm to 7pm for 10 - 18 year olds
\$25.00 per child
FMI, call 2193.

Needed: Basketball Officials and Scorekeepers

For Adult Basketball Games
FMI call 2193.

Spinning Classes

Monday - Friday
6 to 7 am and 6:30 to 7:30pm

Yoga Classes

Beginner's Yoga
Tuesday, Wednesday and Thursday
5:15 to 6:15
Power Yoga
Saturdays, 5:15 to 6:15

Ceramics & Pottery Shop

New Hours of Operation
Saturday, Sunday & Wednesday
9am to 9pm
Tuesday, Thursday & Friday
Noon to 9pm
Closed on Mondays

For more information on any of the events listed above, call 5225.